

SPORTS WEEK

SECTION B

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JULY 12, 2007

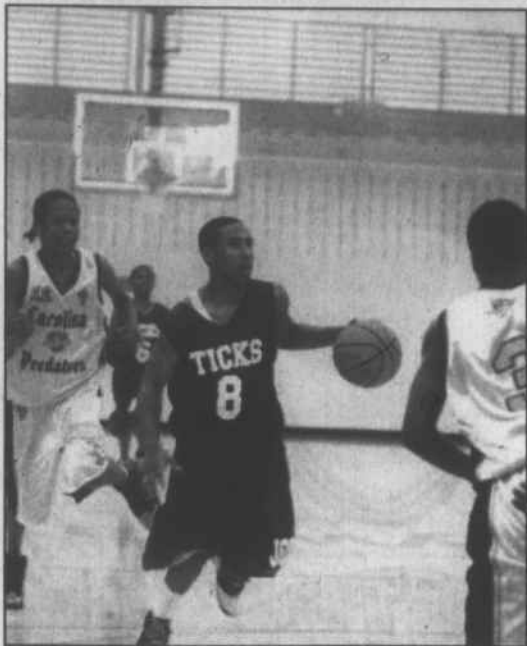


Photo by Greg Turner

TICKS point guard Richard Daniels Jr., is ready for the national tournament July 14-21.

T.I.C.K.S. prepare for Division II title

Squad goes through training camp over the weekend

BY ANTHONY HILL
THE CHRONICLE

Several players on the T.I.C.K.S. (Teaching Inner City Kids Structure) 14U AAU squad were probably thinking last Friday's training session was going to be like a normal sleep over when the team spent the night at the Central YMCA — a week before leaving for Cocoa Beach, Fla., to play for a national title.

But last week's training session was anything but normal. The players spent 12 hours (6 p.m. until 7 p.m.) at the Central YMCA doing various drills and exercises to tune-up for next week's big Division II tournament. The training session was known as "Coach Q's Second Annual Boot Camp." The team began the night with free throws. Then, the squad did water aerobics. The squad then went through a strength and conditioning aerobics course. Both aerobic sessions were led by paid instructors.

"I'm sure some of the

activities were a shock to some of the newer kids," said head coach Quincy Smiley. "... but a lot of the guys from last year probably told them what it was going to be about. They all had an understanding. We had the guys for 17 hours last year. I actually let them have two hours of sleep this year too. Then, they did drills and ran laps."



Smiley

T.I.C.K.S. assistant Richard Daniels Sr., added: "There's no other AAU teams doing stuff like this. When have you seen a team have a training camp like this? We have them doing various exercises in different stations."

Some of the drills the squad did were gutts, county fair (station rotation drills), chops and more gutts. The team also spent time watching a brief educational seminar. Smiley said the extra practice time gave his squad a chance to get more comfortable with the game plan, which is pressing defense and penetrating offense.

"Our game plan is work-

See T.I.C.K.S. on B3

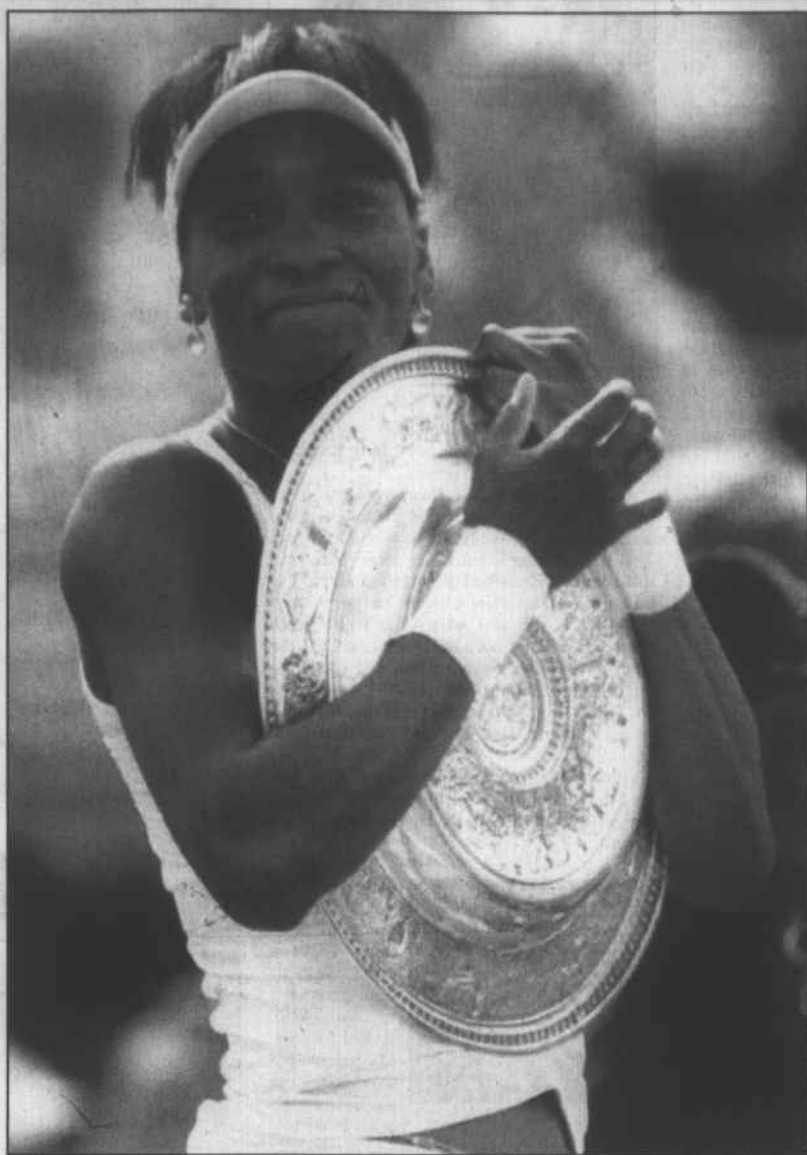


Photo by Tony O'Brien/Action Images/Icon SMI

Venus Williams celebrates after winning Wimbledon for the fourth time.

VENUS' GAME OUT OF THIS WORLD

I am not a huge fan of watching golf or tennis on the television. But I try to catch a good Tiger performance on the links, and sneak in a few good Venus and Serena Williams swings during big tournaments.

This past weekend I watched Serena battle so hard after suffering from some type of leg injury. You all should've seen her determination. That excited me. What was even more exciting was watching Venus win her fourth Wimbledon title. Venus also won in 2000, 2001 and 2005. I honestly didn't know Venus had that many Wimbledon titles until this weekend. Venus beat some young lady named Marion Bartoli 6-4, 6-1 to actually win her sixth Grand Slam title.

That's what's up. I honestly feel that Venus and Serena could easily be the best female tennis players to ever play the game. I mean, when they're on they're near-unstoppable. Did you all see the way Venus did Bartoli to finish the match off? Well,

she launched a service ace that was clocked at 125 miles per hour. I don't want to return that serve, and I'm a pretty strong guy. I can't believe there's many women that can compete with that. That's not all, though. Venus is fast, long and strong. Plus, she's smart. I'm just talking about Venus right now. I can go all day when talking about Serena.

I think Venus was ranked No. 31 during last weekend's tournament. That made Venus the lowest-ranked women's winner in Wimbledon history.

That's something when a player seeded that low can dominate the competition like Venus did. That's not right. That's like the No. 16 seed in the NCAA tournament running past all of the top seeds to win a national title. That's basically what Venus did. To be honest with you, it really doesn't matter what seed Venus or Serena have entering a tournament. Just like it doesn't matter where Tiger Woods is ranked. Most

See Hill on B4

FROM THE
HUDDLE
Anthony Hill



High Five



Photo by Charlie Pfluff

NBA star Chris Paul gives a young camper some love during the CP3 youth basketball camp at Forsyth Country Day earlier this week. The camp, which began on July 9, will conclude tomorrow.

SMALL SURPRISE

Young gymnast exceeding early expectations

BY ANTHONY HILL
THE CHRONICLE

Morea Mouzon, 6, had a large number of family members in Greensboro to watch her perform at the North Carolina Amateur Sports State Games on June 23. Even a couple family friends from Atlanta were in the Tumblebees Ultimate Gym a couple weeks ago.

Mouzon didn't disappoint either. The young gymnast finished with four medals. Mouzon captured three gold medals and one bronze in the Level 2 division of the gymnastics competition — beating out kids as old as 15 years of age.

"We are very proud of her," said Jessica Mouzon, Morea's mother. "Some of the girls were a lot older than Morea too. We weren't sure if she was going to win anything. We just wanted her to do her best."

Morea's parents weren't even sure if she was going to win anything after watching her perform during certain events. As a matter of fact, when the judge announced another young gymnast in fifth place, her mother immediately started feeling bad for Morea.

"After they announced the fifth place winner I thought my baby wasn't going to win anything," Jessica Mouzon said. "Then I was amazed when



Digital Magic Photo

Young Morea Mouzon, who's a gymnast, recently won four medals at the State Games.

See Mouzon on B5



Emmanuel Akah

WSSU's Akah going to Broncos

He played three seasons for the Rams

CHRONICLE STAFF REPORT

Denver Broncos signed guard Emmanuel Akah (Frankfurt Galaxy), cornerback Bill Alford (Frankfurt Galaxy), cornerback Kevin House (Cologne Centurions) and tackle Cliff Washburn (Hamburg Sea Devils). As per club policy, terms of the contracts were not disclosed.

Emmanuel Akah (6-foot-3, 330 pounds) is a first-year player who started all 11 games at left guard for Frankfurt in 2007, helping the Galaxy lead NFL Europa in scoring (25.4 ppg.) and advance to World Bowl XV. A native of London, Akah began his professional career in NFL Europa in 2006 and saw time with Rhein and Frankfurt that season. He signed with Miami on June 2, 2006, and competed in the Dolphins' training camp before he was waived on Aug. 29.

Akah played three seasons at Winston-Salem State University following one year of junior college football at State University of New York-Canton. A graduate of Tottenville High School in Staten Island, N.Y., Akah was born on Feb. 8, 1979, in London.

Akah's three seasons of play at WSSU were under current head football coach Kermit Blount and he was a starter all three seasons for the Rams. Following his departure from WSSU he spent time with the Miami Dolphins before competing with the Frankfurt Galaxy.